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Swing Blocking to Transition Hitting for Middles

Why Swing Block? Dynamic movement also increases chaos. Static block can easily be seen by a skilled hitter. Defenders need to learn to read the movement and timing of the swing blocker.

1. Swing Blocking Basics:
 - a. The Starting Blocks –Ready to run
 - b. The Lean – Shoulder, knee, toe relation
 - c. The Plant – Hop square
 - d. The Drift – It’s gonna happen, let it go
2. Shuffle-to-Swing
 - a. Keeping feet narrow
3. Release-to-Link
 - a. Must close, tandem timing
4. Reach instead of Rotate
 - a. Inside hand needs to penetrate

Explosive footwork is required to be available in “True Transition”. Every middle can hit from Free Ball and Serve Receive. Becoming elite as a middle is about being an option in defensive transition. Speed is the goal. “Superwoman” gets “Up, up and Away!”

1. Look and Step Left:
 - a. Zoolander
 - b. Create Space and Momentum
 - c. Drive to the “transition box”
2. Spin to Slant Plant
 - a. Redirection of Momentum with ¼ Turn
 - b. Side of foot plant
 - c. Hips remain open to setter
3. Depth of Box is dictated by tempo and location of first contact
 - a. Train your middle to evaluate the ball as they move toward box